

Brain Brighteners

How do you know when you need to use a brain brightener?

1. Students are getting whiplash from all the headsnaps.
2. Students' eyes have rolled so far back they can see the person behind them.
3. You have repeated the same sentence three times and nobody has noticed, not even yourself.
4. You can't write on the paper anymore because it's so wet from drool.
5. You hear a monotonous droning and realize it's you.

Super-quick, sometimes silly, activity to wake up your mind. Typically no prep and no/minimal materials.

Pass Around

- 1) Have students stand up with space around them.
- 2) Students have either a piece of paper or a light folder or book in their right palm. They are not holding the object with their fingers.
- 3) With the paper at waist level, move it around behind their body and transfer it to the palm of their left hand by dropping onto the hand, not using fingers to hold and transfer.
- 4) Bring their left hand around the front and transfer to the right hand.
- 5) Do this a few times before changing directions.

Variations:

- Do the move at shoulder height.
- Between classes when asking students to take out or return a book/folder/paper, have the students do this move at least once before returning to their seats/putting it away.